



(WebMD Health Quotient) Health Risk Assessment

Directions for Use

- Go to www.mycigna.com and logon.
- If you have registered, enter your user ID and password to log in to myCIGNA.com. If you have not already registered, follow the “How to Register for mycigna.com” instructions located on the Employee Health Initiatives Home page, ebc.maricopa.gov/ehi.
- The tabs at the top of the page read “My Plans” and “My Health”. Click on “My Health”
- Underneath “Health Management Resources”, click on “HealthQuotient Health Risk Assessment”
- If this is the first time you are taking the Health Risk Assessment, answer the required information and click the Agreement box. Continue with the prompts.
- If you have already taken your assessment, click on Update Assessment under the My Assessment heading on the left-side of the screen.
- Respond to all questions
- At the end of the assessment, you will review the results of your Health Risk Assessment.

Having any trouble? Call our Internet Customer Service line at 1.800.284.8346